



Strawberry Pavlova



Vegetarian



Gluten Free



Popular

READY IN



85 min.

SERVINGS



6

CALORIES



435 kcal

DESSERT

Ingredients

- ☐ 4 egg whites
- ☐ 250 g sugar
- ☐ 1 tsp citrus champagne vinegar
- ☐ 1 tsp cornstarch
- ☐ 1 tsp vanilla extract
- ☐ 500 g strawberries hulled halved
- ☐ 200 g currants
- ☐ 3 tbsp powdered sugar

☐ 350 ml double cream

Equipment

☐ food processor

☐ oven

☐ whisk

☐ sieve

☐ hand mixer

Directions

☐ Heat oven to 150C/130C fan/gas

☐ Using a pencil, mark out the circumference of a dinner plate on baking parchment.

☐ Whisk 4 egg whites with a hand mixer until they form stiff peaks, then whisk in 250g caster sugar, 1 tbsp at a time, until the meringue looks glossy.

☐ Whisk in 1 tsp white wine vinegar, 1 tsp cornflour and 1 tsp vanilla extract.

☐ Spread the meringue inside the circle, creating a crater by making the sides a little higher than the middle.

☐ Bake for 1 hr, then turn off the heat and let the Pavlova cool completely inside the oven.

☐ When the meringue is cool, chop 100g of the hulled strawberries.

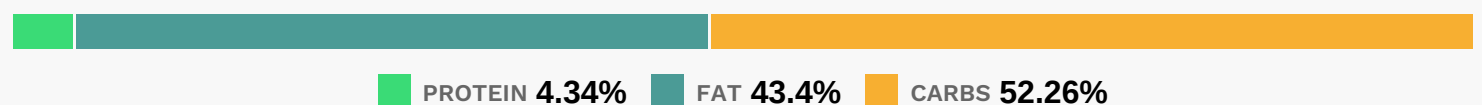
☐ Mix them with 100g of the redcurrants and 2 tbsp icing sugar.

☐ Place in a food processor, blitz until smooth, then push the fruit mixture through a sieve.

☐ Whip 350ml double cream with the remaining 1 tbsp icing sugar and spread it over the meringue.

☐ Put the remaining 400g hulled and halved strawberries and 100g redcurrants on the cream and finally pour the sauce over the whole lot.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:30.98, Inflammation Score:-7, Nutrition Score:9.9278260884078%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.71mg, Pelargonidin: 20.71mg, Pelargonidin: 20.71mg, Pelargonidin: 20.71mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 434.67kcal (21.73%), Fat: 21.67g (33.34%), Saturated Fat: 13.52g (84.47%), Carbohydrates: 58.7g (19.57%), Net Carbohydrates: 55.6g (20.22%), Sugar: 53.97g (59.97%), Cholesterol: 66.31mg (22.1%), Sodium: 50.87mg (2.21%), Alcohol: 0.24g (100%), Alcohol %: 0.13% (100%), Protein: 4.87g (9.75%), Vitamin C: 63.02mg (76.39%), Manganese: 0.39mg (19.52%), Vitamin A: 886.62IU (17.73%), Vitamin B2: 0.24mg (14.26%), Fiber: 3.1g (12.41%), Selenium: 6.58µg (9.4%), Potassium: 309.8mg (8.85%), Phosphorus: 71.85mg (7.19%), Vitamin K: 7.38µg (7.03%), Calcium: 65.05mg (6.51%), Folate: 25.81µg (6.45%), Vitamin D: 0.94µg (6.26%), Vitamin E: 0.81mg (5.43%), Magnesium: 21.6mg (5.4%), Copper: 0.09mg (4.53%), Iron: 0.78mg (4.33%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.31mg (3.13%), Vitamin B1: 0.05mg (3.06%), Zinc: 0.35mg (2.31%), Vitamin B3: 0.42mg (2.08%), Vitamin B12: 0.11µg (1.86%)